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Dermoscopy

What Is Dermoscopy?

Dermoscopy is a non-invasive skin examination technique that allows your dermatologist to see skin structures beneath the surface that are not visible to the naked eye.

At our practice, dermoscopy is performed using a DermLite handheld dermoscope during your visit.

Dermoscopy is used only for real-time clinical evaluation



Why Dermoscopy Is Used?

Dermoscopy improves diagnostic accuracy by helping your dermatologist:

- Evaluate moles and pigmented lesions
- Distinguish benign spots from suspicious lesions
- Decide whether a spot should be monitored, biopsied, or reassured
- Reduce unnecessary biopsies while improving early skin cancer detection
- It is commonly used during:
 - Full-body skin exams
 - Spot checks of changing or concerning lesions
 - Evaluation of pigmented, vascular, or inflammatory skin conditions.

What Can Dermoscopy Help Identify?

Dermoscopy can provide additional detail when evaluating:

- Moles (nevi)
- Atypical or changing lesions
- Early skin cancers (such as melanoma, basal cell carcinoma, squamous cell carcinoma)
- Seborrheic keratoses (“age spots”)
- Vascular lesions
- Some inflammatory skin conditions

What to Expect During Dermoscopy

- The dermatologist places the DermLite device gently against the skin
- A special light and magnification are used
- The exam takes seconds per spot
- There is no pain, cutting, or radiation

You may feel light pressure, similar to a magnifying glass touching the skin.

Pre-Op Instructions

(No procedure prep required — these are simple visit tips)

Before Your Appointment

Make note of any spots that are:

New

Changing

Bleeding

Itching

Different from others (“ugly duckling”)

Avoid heavy makeup or body oils on areas you want examined

Remove nail polish if possible (nails can be part of skin exams)

Tie back long hair or bring a clip for scalp evaluation

Post-Op Instructions

(No recovery needed)

- You can return to normal activities immediately
- If dermoscopy suggests a lesion needs closer evaluation, your dermatologist may:
 - Reassure you and recommend routine monitoring
 - Recommend a skin biopsy (separate procedure)
 - Schedule follow-up if clinically appropriate

There are no restrictions after dermoscopy alone.